

## January through May @ the Oxbow Eco-Center

5400 NE St. James Drive

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### **JANUARY**

**Tai Chi for Health** - Fri. (Jan.6, 20, & 27) @ 10:30am, Described as the 'perfect exercise,' Tai Chi for Health is designed for young and old alike, physically fit or challenged and especially good for those who suffer from arthritis, diabetes, osteoporosis and balance issues. Classes are taught by instructors Hilde and Hector Ruiz-Puyana. \$12 per class or \$40 for 4 classes. Appropriate for ages 16 and up. RSVP a must.

**Guided Hikes.** Every Sat. (Jan.7, 14, 21 & 28) @ 9:00am, Enjoy a guided hike through the wilds of the Oxbow trail system and be enriched with the biodiversity this preserve has to offer. Show up at 9am ready to hike! Appropriate for all ages, FREE.

**Critter Crunch & Munch-** Sat. (Jan.7, 14, 21 & 28) @ 3:00pm, Bring something to snack on while you watch the Oxbow's animal ambassadors enjoy their favorite time of day -- meal-time! Appropriate for all ages, FREE.

**Homeschool Day- Down on the Farm@ the 4-H Farm,** Thurs. Jan. 5<sup>th</sup> @ 10:00pm- Students of ALL ages will learn about where their food comes from, different gardening techniques, and have an exciting hands-on experience with some of the Farm's animals. Please RSVP directly with 4-H at (772) 462-1600. Cost is \$2/student.

**St. Lucie Audubon Society lecture- "St. Lucie Estuary/Southern Indian River Lagoon, Water Resource Summary"** – Thurs., Jan. 5<sup>th</sup> @7:00pm, Kathryn LaMartina, SFWM District Regional Representative, will be explaining the water management system in the Treasure Coast. How we got to where we are today regarding water management, how and why we have fluctuations in water levels and water quality and what is being done about it. FREE

**Mini Naturalist Training (2 part series),** Fri. Jan. 6<sup>th</sup> @ 5:00pm and Sat. Jan. 7<sup>th</sup> @ 10:00am  
This 2 part class combines a hands-on classroom experience with observational field excursions to give you an enjoyable introduction to Florida's ecosystems and wildlife with an emphasis on the biodiversity at the Oxbow Eco-Center. Whether you're a beginning naturalists or just looking for a refresher, this is a great opportunity to become familiar with one of St. Lucie County's most treasured preserves. \$30/participant RSVP a must

**Junior Oxbow Explorers- Animals We Love to Hate,** Saturday Jan. 7<sup>th</sup> @ 10:00am, This program features the animals that are most often feared and disliked: spiders, scorpions, and snakes.

We will dispel myths and include natural history facts which show how beneficial these animals are. Includes live animals. \$5/participant RSVP a must

**Tales & Trails-** Thurs. Jan. 12<sup>th</sup> @ 3:30pm, Join Ms. Phyllis for a story time adventure and then take a hike in the butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Ages 2-6, FREE

**Audubon Field Academy** - Sat. Jan. 14<sup>th</sup> @ 9:00am, This is a 2-year program with 8 classroom sessions taught by Florida Master Naturalists and other local environmental experts. Participants will receive a Birding Naturalist Certificate from Audubon of Martin County. To register contact John Nelson @ (772) 485-8129. RSVP a must

**Families Exploring Archery** - Sun. Jan. 15<sup>th</sup> @ 9:30am-12:30pm, Join the Oxbow for a basic introduction to recreational archery. Instruction will include classroom session and range time. This is an adult program for ages 15 & up, however family sessions will be offered in the future. Cost is \$10/person for anyone planning to participate on the range (shoot bows). RSVP required.

**Dirty Hands Day-** Sat. Jan. 21<sup>st</sup> @ 9:30am, Plant a tree, pull some weeds, clear a trail, and get your hands dirty at the Oxbow Eco-Center. This volunteer opportunity is designed for community groups or individuals who are looking to make a difference in their community through environmental stewardship. Dirty Hands Day will be held every third Saturday of the month and the project will vary depending on the needs of the Oxbow Eco-Center and Preserve. Ages: All ages, 14 and under will need to have guardian supervision

**Art Class- Making Natural Baskets-** Sat. Jan. 21<sup>st</sup> @ 10:00 am, All ancient civilizations produced baskets. Not only were they useful in their daily lives, baskets were used in religious ceremonies, buried in graves, and elaborately decorated to become cultural art forms. Step into the past as Barbara Fuller introduces the art of basket-making using natural materials. The cost is only \$20 and includes all supplies. Appropriate for ages 13 and up. Space is limited, so RSVP is a must.

**Audubon Field Academy** -, Sat. Jan. 28<sup>th</sup> @ 9:00am, This is a 2-year program with 8 classroom sessions taught by Florida Master Naturalists and other local environmental experts. Participants will receive a Birding Naturalist Certificate from Audubon of Martin County. To register contact John Nelson @ (772) 485-8129. RSVP a must

**Kilroy Academy Teacher Workshop** - Tues. Jan. 31<sup>st</sup> @ 10:00am-4:00pm, We are proud to present you an extraordinary opportunity which has manifested a way for you to ignite the wonders of the ocean within your classroom, instilling a true understanding and stewardship ethic within your students for their local environment. With a teacher stipend, take-home materials, and high quality STEAM curriculum, this teacher's workshop has unparalleled value. This workshop is for 6th through 12th grade educators. RSVP a must- e-mail [rrohm@teamorca.org](mailto:rrohm@teamorca.org) (Include name, school, grade and phone) Reserve your spot by January 10, 2017.

## **FEBRUARY**

**Tai Chi for Health** - Fri. (Feb. 3, 10, 17 & 24) @ 10:30am, Described as the 'perfect exercise,' Tai Chi for Health is designed for young and old alike, physically fit or challenged and especially good for those who suffer from arthritis, diabetes, osteoporosis and balance issues. Classes are taught by instructors Hilde and Hector Ruiz-Puyana. \$12 per class or \$40 for 4 classes. Appropriate for ages 16 and up. RSVP a must.

**Guided Hikes.** Every Sat. (Feb. 4, 11, 18 & 25) @ 9:00am, Enjoy a guided hike through the wilds of the Oxbow trail system and be enriched with the biodiversity this preserve has to offer. Show up at 9am ready to hike! Appropriate for all ages, FREE.

**Critter Crunch & Munch-** Sat. (Feb. 4, 11, 18 & 25) @ 3:00pm, Bring something to snack on while you watch the Oxbow's animal ambassadors enjoy their favorite time of day -- meal-time! Appropriate for all ages, FREE.

**St. Lucie Audubon Society lecture- "Birding Alaska: Denali, Nome, Pribilof Islands, Prudhoe Bay, Kenai Peninsula"** – Thurs., Feb. 2<sup>nd</sup> @7:00pm, Sam Fried, Flights of Fancy LLC, As part of a five month tour of North America, he spent 47 days in Alaska, driving just about every road he could get to. His focus was experiencing the beauty and birds that our 49th state has to offer. FREE

**Junior Oxbow Explorers- Mosquitoes: Florida's Vampires,** Sat. Feb. 4<sup>th</sup> @ 10:00pm, Oooh, those blood suckers! We swat them, smoosh them & slap them. But WHY do mosquitoes drink blood? Come find out at this interactive J.O.E. adventure. Participants will also learn about the mosquito life cycle, about the diseases they spread and will learn how to protect themselves from these Florida vampires! \$5/participant RSVP a must

**Tales & Trails-** Thurs. Feb. 9<sup>th</sup> @ 3:30pm, Join Ms. Phyllis for a story time adventure and then take a hike in the butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Ages 2-6, FREE

**Dirty Hands Day-** Sat. Feb. 18<sup>th</sup> @ 9:30am, Plant a tree, pull some weeds, clear a trail, and get your hands dirty at the Oxbow Eco-Center. This volunteer opportunity is designed for community groups or individuals who are looking to make a difference in their community through environmental stewardship. Dirty Hands Day will be held every third Saturday of the month and the project will vary depending on the needs of the Oxbow Eco-Center and Preserve. Ages: All ages, 14 and under will need to have guardian supervision

**Art Class –Drumheads-** Sat. Feb. 18<sup>th</sup> @ 10:00 am, Participants will make unique 'drumheads' using paper and paint attached to a round frame. Not only are they beautiful, they make a cool sound when tapped – hence the name 'drumheads.' Each drumhead is unique using paper,

paint, texture and metallic mediums, embossing, cords, ribbons and much more. The cost is only \$20 and includes all supplies. Appropriate for ages 13 and up. Space is limited, so RSVP is a must.

**Visit us @ Nature Fest** – Sat, Feb.25th @10am—3pm. Be sure to come and see our booth at Nature Fest hosted by the Manatee Observation and Education Center.

### **MARCH**

**Tai Chi for Health** - Fri. (Mar. 3, 10, 17, 24 & 31) @ 10:30am, Described as the ‘perfect exercise,’ Tai Chi for Health is designed for young and old alike, physically fit or challenged and especially good for those who suffer from arthritis, diabetes, osteoporosis and balance issues. Classes are taught by instructors Hilde and Hector Ruiz-Puyana. \$12 per class or \$40 for 4 classes. Appropriate for ages 16 and up. RSVP a must.

**Guided Hikes.** Every Sat. (Mar. 4, 11, 18 & 25) @ 9:00am, Enjoy a guided hike through the wilds of the Oxbow trail system and be enriched with the biodiversity this preserve has to offer. Show up at 9am ready to hike! Appropriate for all ages, FREE.

**Critter Crunch & Munch-** Sat. (Mar. 4, 11, 18 & 25) @ 3:00pm, Bring something to snack on while you watch the Oxbow’s animal ambassadors enjoy their favorite time of day -- meal-time! Appropriate for all ages, FREE.

**Homeschool Day- “Make Prehistoric Florida your Home”** Thurs. Mar. 2<sup>nd</sup> @ 10:00p, This presentation teaches children about the raw and natural resources Native Americans used to build their campsites and villages. How did they build houses and shelter? How did they construct giant mounds? What did they make their tools and clothing out of? Kids enjoy learning how ancient peoples used the natural environment to hunt, fish, build towns, and make a living in prehistoric Florida! Ages 7-12 \$5 per participant/ RSVP a must

**St. Lucie Audubon Society lecture- “Friends of the Spoil Islands”** – Thurs., Mar. 2<sup>nd</sup> @7:00pm, Billy Gibson, FREE

**Junior Oxbow Explorers- Hunters of the Wind & Hunters of the Night,** Sat. Mar. 4<sup>th</sup> @ 10:00pm, Tim Brown, Director of Education for the Treasure Coast Wildlife Center will present a program featuring a variety of birds of prey, including hawks, owls, vultures, falcons and eagles. Learn about the unique adaptations these birds have developed for hearing, sight, hunting and flight. Designed to make the natural environment accessible, do not miss this opportunity to view these live avian hunters and learn about their lives. \$5/participant RSVP a must

**Tales & Trails-** Thurs. Mar. 9<sup>th</sup> @ 3:30pm, Join Ms. Phyllis for a story time adventure and then take a hike in the butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Ages 2-6, FREE

**Dirty Hands Day-** Sat. Mar. 18<sup>th</sup> @ 9:30am, Plant a tree, pull some weeds, clear a trail, and get your hands dirty at the Oxbow Eco-Center. This volunteer opportunity is designed for community groups or individuals who are looking to make a difference in their community through environmental stewardship. Dirty Hands Day will be held every third Saturday of the month and the project will vary depending on the needs of the Oxbow Eco-Center and Preserve. Ages: All ages, 14 and under will need to have guardian supervision

**Florida Master Naturalist Environmental Interpretation Certification-** Thurs. Mar. 23<sup>rd</sup>, Fri. Mar. 24<sup>th</sup>, Thurs. Mar. 30<sup>th</sup> & Fri. Mar. 31<sup>st</sup> 9:30am – 4:00pm Florida Master Naturalist (FMN) instructors from St. Lucie County's Environmental Resources Department will offer this exciting course for nature enthusiasts, tour guides, formal and informal educators. Participants learn strategies and methodologies for teaching about the natural world in engaging and meaningful ways. Essential elements include learning how to develop themed interpretive programming, about being that quintessential nature guide, as well as about the design of written interpretive materials. Upon completion of the course, participants earn the FMN Environmental Interpretation certification from the University of Florida/Institute of Food and Agricultural Sciences. Course materials are available in a variety of formats. Depending on the course materials chosen by a participant, the course fee ranges from \$140-\$175. The course is a combination of classroom sessions, hands-on activities and field excursions. Classroom sessions will take place at the Richard E. Becker Preserve off Selvitz Road. Visit the <http://www.masternaturalist.ifas.ufl.edu/> to register and find out more information

## **APRIL**

**Tai Chi for Health** - Fri. (Apr. 7, 14, & 28) @ 10:30am, Described as the 'perfect exercise,' Tai Chi for Health is designed for young and old alike, physically fit or challenged and especially good for those who suffer from arthritis, diabetes, osteoporosis and balance issues. Classes are taught by instructors Hilde and Hector Ruiz-Puyana. \$12 per class or \$40 for 4 classes. Appropriate for ages 16 and up. RSVP a must.

**Guided Hikes.** Every Sat. (Apr. 1, 8 & 15) @ 9:00am, Enjoy a guided hike through the wilds of the Oxbow trail system and be enriched with the biodiversity this preserve has to offer. Show up at 9am ready to hike! Appropriate for all ages, FREE.

**Critter Crunch & Munch-** Sat. (Apr. 1, 8, 15 & 29) @ 3:00pm, Bring something to snack on while you watch the Oxbow's animal ambassadors enjoy their favorite time of day -- meal-time! Appropriate for all ages, FREE.

**St. Lucie Audubon Society lecture- "Audubon Jay Watch: A Citizen Science Program"** – Thurs., Apr. 6<sup>th</sup> @7:00pm, The Audubon Florida Jay Watch is a citizen science program that uses volunteers to conduct field surveys of Florida Scrub-Jays. Eva Ries will discuss the program and describe how Jay Watch tracks the nesting success and population of Florida Scrub-Jays., Also Grace Stock Conservation Awards FREE

**Tales & Trails-** Thurs. Apr. 13<sup>th</sup> @ 3:30pm, Join Ms. Phyllis for a story time adventure and then take a hike in the butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Ages 2-6, FREE

**Dirty Hands Day-** Sat. Apr. 15<sup>th</sup> @ 9:30am, Plant a tree, pull some weeds, clear a trail, and get your hands dirty at the Oxbow Eco-Center. This volunteer opportunity is designed for community groups or individuals who are looking to make a difference in their community through environmental stewardship. Dirty Hands Day will be held every third Saturday of the month and the project will vary depending on the needs of the Oxbow Eco-Center and Preserve. Ages: All ages, 14 and under will need to have guardian supervision

**Earth Day Festival-** Sat. Apr. 22<sup>nd</sup> @ 10:00am- 3:00pm, Join your friends and neighbors in a celebration of all that wildlife and wild lands offer us beauty, inspiration, vital resources, and a sense of belonging to a community. This year, the Oxbow's Earth Day Festival will be bigger and better than ever. Our line-up includes live local, live raptors and reptiles, and dozens of interactive exhibitors. Because Earth Day is as much about the human community as it is the wild community, we are expanding our exhibitors to not only include conservation organizations and nature centers, but also healthy living and community resource organizations here in St. Lucie County. For the kids (or young at heart) there will be storytelling sessions, crafts, face painting, an eco-challenge and butterfly scavenger hunt, a ladybug release, and Three Little Birds' early childhood music and movement sessions. The hallmark of Oxbow's Festival is a Procession of the Species parade, a widespread event throughout the world to celebrate Earth Day and the great diversity of life on the planet. Participants choose a species and create a costume or display representing life from sea anemones to sea turtles and lily pads to owls. Please join in this free celebration of awareness of all those with whom we share our fragile environment.

## **MAY**

**Tai Chi for Health** - Fri. (May 5, 12, 19 & 26) @ 10:30am, Described as the 'perfect exercise,' Tai Chi for Health is designed for young and old alike, physically fit or challenged and especially good for those who suffer from arthritis, diabetes, osteoporosis and balance issues. Classes are taught by instructors Hilde and Hector Ruiz-Puyana. \$12 per class or \$40 for 4 classes. Appropriate for ages 16 and up. RSVP a must.

**Critter Crunch & Munch-** Sat. (May 6, 13, 20 & 27) @ 3:00pm, Bring something to snack on while you watch the Oxbow's animal ambassadors enjoy their favorite time of day -- meal-time! Appropriate for all ages, FREE.

**St. Lucie Audubon Society lecture- "Show and Tell"** – Thurs., May 4<sup>th</sup> @7:00pm, A host of guest speakers will be sharing their information in a "show-and-tell" style, related to birding. FREE

**Tales & Trails-** Thurs. May 11<sup>th</sup> @ 3:30pm, Join Ms. Phyllis for a story time adventure and then take a hike in the butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Ages 2-6, FREE

**Dirty Hands Day-** Sat. May 20<sup>th</sup> @ 9:30am, Plant a tree, pull some weeds, clear a trail, and get your hands dirty at the Oxbow Eco-Center. This volunteer opportunity is designed for community groups or individuals who are looking to make a difference in their community through environmental stewardship. Dirty Hands Day will be held every third Saturday of the month and the project will vary depending on the needs of the Oxbow Eco-Center and Preserve. Ages: All ages, 14 and under will need to have guardian supervision

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